

**CLAIMS**

1. A process for the controlled humidification of indoor air or an indoor air supply in which a water-containing shaped body is exposed to the indoor air or indoor air supply to be humidified, characterized in that the  
5 water-containing shaped body is a dimensionally stable composition containing 1 to 40% by weight of alkali metal carboxylates of C<sub>8-26</sub> carboxylic acids and 60 to 99% by weight of water.

2. A process as claimed in claim 1, characterized in that the dimensionally stable composition contains 0 to 20% by weight of an  
10 additive selected from the group consisting of solvents, regulators, perfumes, insecticides, thickeners, dyes, pigments and moisture indicators or a mixture of two or more thereof.

3. A process as claimed in claim 1 or 2, characterized in that the dimensionally stable composition contains 2 to 10% by weight of Na C<sub>12-22</sub>  
15 carboxylate and 70 to 98% by weight of water.

4. A process as claimed in any of claims 1 to 3, characterized in that the dimensionally stable composition is placed on a suitable support in a room filled with air to be humidified or is exposed in a suitable holder or pack to a stream of an indoor air supply air to be humidified.  
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5. A process as claimed in claim 4, characterized in that the stream of the indoor air supply to be humidified is heated or cooled before, during or after humidification.

6. The use of a dimensionally stable composition containing 1 to 40% by weight of alkali metal carboxylates of C<sub>8-26</sub> carboxylic acids and 60 to  
25 99% by weight of water for humidifying indoor air or an indoor air supply.

7. The use claimed in claim 6, characterized in that the dimensionally stable composition contains 0 to 20% by weight of an additive selected from the group consisting of solvents, regulators, perfumes, insecticides, thickeners, dyes, pigments and moisture indicators or a mixture of two or  
30 more thereof.

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8. The use claimed in claim 6 or 7, characterized in that the dimensionally stable composition is placed on a suitable support in a room filled with air to be humidified or is exposed in a suitable holder or pack to a stream of the indoor air supply to be humidified.

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